



Parent Corner: "Time Out vs. Taking a Break"

I have not yet taken the opportunity to share with you my discipline philosophy in our preschool class. Because the first semester was busy just teaching the children how to be "students"; and because they are for the most part naturally well-behaved around an unfamiliar adult; I have not had to use much discipline in our class.

However, with the new semester and the newness of school wearing off, I'm going to implement our policy beginning this month, therefore, I'd like to share it with you!!!

I strongly believe that most discipline problems begin because a child is over-stimulated in some way and needs to just "take a break" and calm down. To handle this, I simply pull the child away from the stressful situation and let them calm down in a quiet place. They are free to rejoin us at any time after they are calm.

On occasion, a child may act out in blatant disregard for rules or propriety. When this happens, I have the child take a "time out" so they can calm down and also be removed from the situation where they were causing harm. The difference between the Time Out and the Take a Break Method is that in the Time Out Method, the child sits with their head down at the table to help them not be distracted while they calm down and also to remind them that they blatantly broke a rule. The child controls the time out. S/he may raise his/her hand the moment s/he feels calm enough to work through the problem. I then have a small visit with the child and ask these questions: **Why are you in Time Out? What is the Rule? How can you make things right?** If the child can answer these three questions, then s/he is free to return to the class activity after s/he first makes things right. This gives the child ownership in the problem and makes them responsible. By-the-way, it's a great tactic to use at home. You may not have them put their head down (this is only done at school because there is no place they can leave to and not be distracted) but asking these 3 questions and teaching your children to be responsible for their behavior is very effective parenting as well. I will introduce this to the children on our first day back in class. If you have any questions or concerns about this, please come talk to me!

The Family Unit

We will be studying the family unit in January! I am so excited to turn our focus to the family as we learn the important role of each member of our families.

As part of our study of the family unit we would like to invite all the dads to come in and spend some time with your child

during our "Dads and Doughnuts" Party on January 14th! We will have each dad spend some time reading to your child as well as do an activity with them. Mark your calendars!

Similarly, we will do the same with the moms in our "Moms and Muffins" Party on January 21st.

This Month's Studies:

- ♥ Letters: Ll-Nn
- ♥ Numbers: 1-3
- ♥ Name writing/pencil grasp
- ♥ The Family Unit
- ♥ Review of Class rules and getting reacquainted
- ♥ Our Discipline Rules
- ♥ New Seating Assignments

Preschool Class News

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Special Points of Interest:

- ☺ January Birthdays: NONE!
- ☺ January's King of the Month: T.J. Fischer
- ☺ Dad's and Doughnuts Party will be January 14th from 12:30-1pm. I hope all the dads can take a lunch break and join us for some activities and reading time with your child!
- ☺ Moms and Muffins Party will be the following week (January 21) at 1:45.
- ☺ Book Orders are in process. They informed me that this first order may take up to 6 weeks to process, ugh! I'll keep you posted.
- ☺ Thanks for the wonderful help at our Christmas Class Party! It was so fun!
- ☺ I Hope you enjoyed your Christmas gifts!!
- ☺ Any questions contact me at:
teacher@littlefishpreschool.net